



24.04.2023. - 28.04.2023.

SCHOOL YEAR 2022/2023

KING'S COLLEGE SCHOOL

THE BRITISH SCHOOL OF LATVIA

Monday, 24 April 2023	Portion size	Tuesday, 25 April 2023	Portion size	Wednesday, 26 April 2023	Portion size	Thursday, 27 April 2023	Portion size	Friday, 28 April 2023	Portion size
<i>Freshly baked croissant with cheese and tomato (*A1, A7).</i> CAL 265 PRO 7 FAT 14 CAR 28 <i>Tea.</i>	80 150	<i>Boiled eggs with cucumbers, brown bread with butter (*A1,A3,A7).</i> CAL 222 PRO 8 FAT 14 CAR 15 <i>Tea or milk.</i> CAL 99 PRO 5 FAT 6 CAR 7	120 150	<i>Semolina with jam (*A1,A7).</i> CAL 211 PRO 7 FAT 6 CAR 32 <i>Tea.</i>	160 150	<i>Cottage cheese patties with sour cream and jam (*A1, A3, A7).</i> CAL 268 PRO 15 FAT 9 CAR 31 <i>Tea.</i>	115 150	<i>Breakfast of choice (*A1,A3,A7).</i> <i>Tea or milk.</i> CAL 99 PRO 5 FAT 6 CAR 7	150
<i>Cauliflower and cheese cream soup (*A7).</i> CAL 161 PRO 8 FAT 9 CAR 11 <i>Turkey plov with pickled cucumbers.</i> CAL 305 PRO 19 FAT 9 CAR 36 <i>Fresh fruits.</i> CAL 103 PRO 1 FAT 0 CAR 28	150 230 80	<i>Mixed vegetable soup.</i> CAL 107 PRO 2 FAT 2 CAR 13 <i>Breaded cod with potato wedges and salads (*A1,A4,A7).</i> CAL 347 PRO 20 FAT 14 CAR 32 <i>Fresh fruits.</i> CAL 52 PRO 1 FAT 0 CAR 12	150 100/100/70 80	<i>Tomato and pepper soup (*A7).</i> CAL 130 PRO 2 FAT 9 CAR 10 <i>Minced meat in creamy sauce with buckwheat (*A1, A7).).</i> CAL 396 PRO 16 FAT 23 CAR 31 <i>Fresh fruits.</i> CAL 31 PRO 1 FAT 0 CAR 7 <i>Kefir.</i> CAL 101 PRO 5 FAT 6 CAR 4	150 100/100 80 150	<i>Beetroot soup with sour cream and brown bread (*A1,A7).</i> CAL 172 PRO 4 FAT 6 CAR 23 <i>Vegetarian pasta bake (*A1,A7).</i> CAL 377 PRO 15 FAT 17 CAR 42 <i>Fresh fruits.</i> CAL 32 PRO 1 FAT 0 CAR 7	180 180 80	<i>Celeriac and apple soup (*A1,A7,A9).</i> CAL 132 PRO 2 FAT 8 CAR 14 <i>Chicken goujons with roasted potatoes and salads (*A1,A7).</i> CAL 344 PRO 20 FAT 17 CAR 27 <i>Fresh fruits.</i> CAL 74 PRO 1 FAT 0 CAR 17	150 100/100/70 80
<i>Potato pancakes with sour cream (*A1,A3,A7)</i> CAL 207 PRO 6 FAT 7 CAR 29	120	<i>Chia seed pudding with mango coulis.</i> CAL 224 PRO 4 FAT 16 CAR 19	130	<i>Yoghurt and banana (*A7).</i> CAL 214 PRO 8 FAT 4 CAR 34	250	<i>Chocolate cake with cream(*A1,A3,A7).</i> CAL 269 PRO 9 FAT 12 CAR 31	100	<i>Cinnamon pastry with milk (*A1,A7).</i> CAL 258 PRO 8 FAT 11 CAR 28	195

*ALLERGEN LIST: A1-grain crops; A3-eggs; A4-fish; A6-soya; A7-milk; A9-celery; A10-mustard; A11-sesame seeds; A15- honey; A16-garlic
MENU FOR NURSERY TO YEAR 2



24.04.2023. - 28.04.2023.

SCHOOL YEAR 2022/2023

KING'S COLLEGE SCHOOL

THE BRITISH SCHOOL OF LATVIA

Monday, 24 April 2023	Portion size	Tuesday, 25 April 2023	Portion size	Wednesday, 26 April 2023	Portion size	Thursday, 27 April 2023	Portion size	Friday, 28 April 2023	Portion size
Freshly baked croissant with cheese and tomato (*A1, A7). CAL 413 PRO 12 FAT 22 CAR 41 Tea.	120 200	Boiled eggs with cucumbers, brown bread with butter (*A1,A3,A7). CAL 333 PRO 13 FAT 20 CAR 23 Tea or milk. CAL 132 PRO 7 FAT 8 CAR 9	180 200	Semolina with jam (*A1,A7). CAL 347 PRO 11 FAT 10 CAR 52 Tea.	265 200	Cottage cheese patties with sour cream and jam (*A1,A3, A7). CAL 408 PRO 23 FAT 14 CAR 47 Tea.	175 200	Breakfast of choice (*A1,A3,A7). Tea or milk. CAL 132 PRO 7 FAT 8 CAR 9	200
Cauliflower and cheese cream soup (*A7). CAL 268 PRO 14 FAT 15 CAR 19 Turkey plov with pickled cucumbers. CAL 383 PRO 23 FAT 12 CAR 46 Fresh fruits. CAL 103 PRO 1 FAT 0 CAR 28	250 295 80	Mixed vegetable soup. CAL 179 PRO 4 FAT 3 CAR 22 Breaded cod with potato wedges and salads (*A1,A4,A7). CAL 398 PRO 21 FAT 16 CAR 40 Fresh fruits. CAL 52 PRO 1 FAT 0 CAR 12	250 100/150/70 80	Tomato and pepper soup (*A7). CAL 217 PRO 4 FAT 15 CAR 16 Minced meat in creamy sauce with buckwheat (*A1, A7). CAL 466 PRO 19 FAT 23 CAR 45 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7 Kefir. CAL 134 PRO 7 FAT 7 CAR 5	250 100/150 80 200	Beetroot soup with sour cream and brown bread (*A1,A7). CAL 247 PRO 6 FAT 9 CAR 33 Vegetarian pasta bake (*A1,A7). CAL 481 PRO 19 FAT 21 CAR 53 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7	285 230 80	Celeriac and apple soup (*A1,A7,A9). CAL 220 PRO 3 FAT 13 CAR 23 Chicken goujons with roasted potatoes and salads (*A1,A7). CAL 390 PRO 21 FAT 18 CAR 34 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17	250 100/150/70 80
Potato pancakes with sour cream (*A1,A3,A7). CAL 303 PRO 9 FAT 10 CAR 43	175	Chia seed pudding with mango coulis. CAL 311 PRO 5 FAT 22 CAR 26	180	Yoghourt and banana (*A7). CAL 301 PRO 11 FAT 5 CAR 51	350	Chocolate cake with cream(*A1,A3,A7). CAL 336 PRO 11 FAT 15 CAR 38	125	Cinnamon pastry with milk (*A1,A7). CAL 418 PRO 11 FAT 16 CAR 50	240

*ALLERGEN LIST: A1-grain crops; A3-eggs; A4-fish; A6-soya; A7-milk; A9-celery; A10-mustard; A11-sesame seeds; A15- honey; A16-garlic

MENU FOR YEAR 3 TO YEAR 11